



Lakewood Senior Services

Lakewood Department of Human Services
Division of Aging

February 2023



Welcome to February.

Did you know that February is named after the ancient Roman festival of purification called Februa? It is the shortest month of the year. It is also the start of the Lunar New Year celebrations and traditionally the month that we honor and celebrate Black History, President's Day, Groundhog Day, Valentine's Day and the Superbowl.

As we participate in and celebrate all of the aforementioned, it is certainly a great time to remember that we are all here to support each other, respect our likenesses and differences and honor those who have made wonderful changes in our lives and our world.

I hope your February is filled with fun celebrations, good friends, (a little more sunshine than January) some new activities and a healthy start to the new year.

If you haven't already ... Please come in and see all the wonderful things going on at Cove Community Center. Not just our Senior Programming but with the Division of Youth, The Family Room and H2O. There is always something going on and every month is bringing more and more opportunity for new activities, programs and connections.

Hope we see you soon!

Susan



Need Tax Preparation Assistance?

If you are in need of free tax clinic help you can dial 211 or 216-436-2000 and they will be able to connect you with assistance.

You can also go to refundohio.org to sign up for free assistance and further information.

Cove Community Center - 12525 Lake Ave. 216-521-1515 aging@lakewoodoh.net

Nutrition Information for Congregate Meals & Home Delivered Meals please call 216-529-5000

Volunteer Services, Programs and Activities please call 216-529-5005

Social Work / Outreach please call 216-521-1515

Transportation to Cove Community Center & special events please call 216-521-1288

Transportation for medical appointments please call Senior Transportation Connection (STC) @ 216-265-1489

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A Gentle Reminder to all Participants of Lakewood Division of Aging

We would appreciate it if you would consider the following suggested donations: A ride on the Division of Aging bus is \$3.00 per round trip. Lunch is \$1.00 per day.

Have You filled out your PIF yet?

All Division of Aging participants must complete a Participant Intake Form annually. This information is required by our funders. Please make sure forms are fully completed. Contact the Social Work Office at 216-521-1515 with questions or concerns.

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The Lakewood Division of Aging's services are funded in part by a Title III grant under the Older Americans Act, administered by the Ohio Department of Aging through the Western Reserve Area Agency on Aging, Cuyahoga County through the Health and Human Services levy and Program Donations. **Thank you for your support!**

Visit the City of Lakewood website at www.lakewoodoh.gov

It is the policy of the City of Lakewood that there shall be no discrimination on the basis of race, religion, color, age, sex, national origin, sexual orientation or disability.

Cove Community Center
12525 Lake Ave.
Lakewood, Ohio 44107

Valentine's Day Party!

Join us for another fun party as we celebrate all things friendship and love. We have many fun activities in store! Just a few to note...

- Valentines cupcake decorating station. We will supply the cupcake and you frost and decorate.
- Valentine card making station. Make your own Valentine card or cards from scratch and share with your friends and loved ones.

Our highlight of our morning festivities will be a 10:30 AM performance of the Four Seasons String Quartet, a group of talented musicians from Lakewood High School.

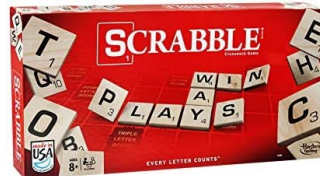
Stick around after lunch and we will be watching a romantic movie in the Lawther Community Room.

Love to listen to podcasts? Well guess what, "podcasts" have been around before TV's. Join us as we go back in time for..

Radio Shows of yesteryear – Thursday, February 2nd, beginning at 10:30 AM.

Prepare for a trip down memory lane as we listen to old-time radio programs. This month we will be listening to Fibber McGee and Molly "Valentine Candy" and Jack Benny "Jack Buys a New Car"

**By popular request, we are pleased to offer new center activities...
Euchre and Scrabble**



Every other Friday at 12:30 PM, join us for a lively game of Euchre. We have multiple decks of cards so the more the merrier! We will be alternating Euchre with Scrabble, another fun yet mentally stimulating game. Consult the calendar to find out which Friday will be euchre and which will be scrabble.



Meet Our Staff...



Anna Ford is the Nutrition Supervisor with the Division of Aging in our Human Services Department.

Anna is a native Clevelander and has been with the City of Lakewood for 23 years.

Anna has been married to David Ford for over forty years and has 2 sons. She earned her degree in Elementary Education from Cleveland State and prior to her work with the Division of Aging was a banker for 26 years.

Anna and David are the owners of Weber's Ice Cream store since 1996 she states that "working in Lakewood, I have met many lovely people and I enjoy coming to work everyday."

Anna enjoys all things related to science fiction, creative crafting and believes in Bigfoot!

Consider volunteering in 2023

As we begin the new year, what better time is there to adopt some healthy and productive new habits? We are looking for volunteers to join with us in serving and caring for Lakewood seniors. Some of our greatest areas of need include:



VOLUNTEER

Home Delivered Meal volunteers – Deliver hot nutritious lunches to homebound Lakewood seniors. Meals are picked up from Cove Community Center between 10:30 and 11:00 AM and the routes take approximately one hour to complete. Reliable transportation is required.

Kitchen Volunteers – Assist kitchen staff with preparing Home Delivered and Congregate meals. Prepare the dining room for the day's meal and assist participants as needed. We are looking for individuals who enjoy being in a kitchen setting, as well as having an outgoing personality. Kitchen volunteers work from 7:30 AM till around 11:30 AM once a week.

Activity Group Leaders – Do you have a unique hobby, interest or skill that you would like to share with others? The Division of Aging is very interested in expanding our activity offerings and we are open to suggestions. Art, fitness, hobbies and other interests are all fair game and we would like to talk with you about it.

For more information on any of these opportunities please reach out to the Volunteer Services Office at 216-529-5005 or by email to barry.wemyss@lakewoodoh.net

Mike the Paramedic

Mondays, February 13th and 27rd from 9:30 AM to 11:30 AM.

Here in Lakewood we are so fortunate to have such highly trained and capable medical professionals on staff to address those unexpected emergency healthcare needs. In addition to being able to handle some tricky situations, paramedics are also a wealth of knowledge. Come in to get your blood pressure checked and while you're here, share with Mike some of your thoughts and questions.



Do you need some legal assistance?

Attorney Margaret Karl will be here @ Cove on **February 22nd from 9:00 AM to 11:30 AM.**

She will provide a free initial consultation. If you have matters of a legal nature that you would like to

Discuss, please schedule your ½ hour timeslot with Stacy @ 216-521-1515 #1 today.

USEFUL TELEPHONE NUMBERS

Social Security Administration
1-800-772-1213

Services available from 7 a.m. to 7 p.m. ON BUSINESS DAYS. Call to report the death of a Social Security or SSI beneficiary or to inquire about survivor benefits.

U.S. Department of Veterans Affairs
1-800-827-1000

Call this nationwide toll free number for survivor benefits, burial benefits or to provide notification of death.

United Way First Call for Help
216-436-2000

Service is available every day, all day. Call if you need to know where to turn for help. Information and referral to health and human service agencies in Cuyahoga County is free and confidential.


Cuyahoga County Veterans Service Commission
216-698-2655

Call for information on burial benefits for Cuyahoga County residents that can supplement VA benefits.

Join us during the month of February for another in our Travelogue Series as we will tour the beautiful country of Spain.

Wednesday, February 8th and Tuesday, February 21st, beginning at 12:30 PM.

With a rich history going back thousands of years, this visit has much to offer. Castles, cathedrals and other historic sites will make for a wonderful visit to this romantic land.



Senior Chefs Make Gazpacho

Tuesday, February 28th beginning at 12:30 PM.

In keeping with the romance of Spain we will be enjoying a delish summertime treat in the winter. It is a cold soup and drink made of raw, blended vegetables. Gazpacho is widely eaten in Spain and Portugal, particularly during hot summers, since it is refreshing and cool. This is a healthy recipe the family will love.

No pre registration needed and class is free.

Bingo at Cove Center
Wednesday, February 15th at 12:30 PM.

Enjoy a fun and relaxing game with friends. Don't worry about not knowing the rules of the games; this low pressure game is just for the fun of it. You have the chance to win some great prizes, but the main prize is the fun and companionship.



Arts and Crafts at Cove Community Center

We have some great arts and craft opportunities this month...

Jewelry Making
Tues., Feb. 7th @ 9:30 A.M.—African Beads
Fri., Feb. 10th @ 9:30 A.M.—Valentine Beads

Crafts
Fri., Feb. 13th @ 9:30 A.M.—Chocolate covered strawberries

Get Fit in the New Year...

As we begin this new year, let's make a commitment to take care of our bodies. The Division of Aging offers an assortment of fitness activities for you to take advantage of.

- * On **Mondays at 12:30 PM**, join us for **Adaptive Jazzercise**. This is a lively and fast-paced workout done from a seated position.
- * On **Wednesdays at 10:30 AM**, we have **Chair Yoga**. The focus here is stretching and breathing exercises with modified yoga positions all from a safe seated position.
- * On **Thursdays at 12:30 PM**, we offer **Tai Chi** Exercises for Seniors. This is a meditative class that focuses on stretching and fluid motions. This is a surprisingly good workout!
- * And beginning in February, meet Andrea. She will be bringing to us a new class called **"Silver Strength"**. It is a conditioning and weight training program designed especially for older adults. This class will be offered on **Tuesdays, beginning February 7th at 12:30 PM**. Andrea comes to us with an abundance of experience and expertise in fitness training. **Let's all get moving in 2023!**

Fee for this class is \$1.00 No sign-up required.



Andrea Horvath

Staff Notes ...

Nutrition Notes- LOVE *

Nutrition Facts: Serving Size 1 special Valentine

Amount/Serving % Daily Value

Caring.....100%

Compassionate100%

Loving.....100%

*HAPPY VALENTINES DAY!

Sharon's Scribbles - One positive thought in the morning can change your whole day!

Barry's Blustering- As we enter the month of February, we are reminded of Valentines Day and the wonderful friends and loved ones that bless our lives. Cove Community Center is here for the purpose of creating community. Many deep and lasting friendships have been formed right here, while taking part in our activities. If you haven't already, why not plan on visiting us and starting on the road to making some more meaningful connections in your own life. Let's make 2023 a great year!

Jill's Jotting - Of all the words you can misspell, February is one of the most misspelled words in the English language. Even the White House has misprinted the word "February" before in a press release!

Pete's Post - So far, so good! Hi Everyone, the winter hasn't been so bad up to this point, and guess what? We're that much closer to spring! Stay safe, healthy and come to Cove to have some fun!

Stacy's Sharing - In honor of the great Martin Luther King, Jr.'s inspiring and most intelligent words he quoted "Darkness can not drive out darkness; only light can do that. Hate can not drive out hate; only love can do that." This reminds me to always be the bigger person, rise above others negative influences and influence yourself and others to be better.

Hahn's Happiness - So much to do in February. From Ground Hogs' Day to Super Bowl to Valentine's Day. Not to mention those that we celebrate all month, like Black History and American Heart. Yet Random Acts of Kindness Day doesn't get much attention. This year, take time to participate, do something nice or unexpected for those around you.

Dan's Doodles - Traditionally, February has been the coldest month of the year, on average. This is despite the fact that Earth just recently passed the point where it is closest to the Sun in its orbit! A once every 50,000 year comet is moving through the inner solar system as we speak. Hasn't been here since the time of the Neanderthals and may be visible from your backyard! Scientists have discovered how to manipulate genes to make an old mouse appear and act like it is young. They say they may be able to extend peoples lives up to 1,000 years! Topics like these are discussed monthly in the Science with Dan group! If it sounds interesting, check the calendar for February's day and time and plan on attending.

Do you struggle with a chronic medical condition that impacts the way that you live your life?

If your answer is yes then you may want to join our Chronic Disease Self-Management Class!

This program will include six (6) sessions starting Monday, February 13th and continue on February 27th, March 6th, 13th, 20th and 27th. From 9:30 AM to 11:30 AM.

The premise of this class is that regardless of the condition, many of the circumstances are similar. Furthermore, we can learn strategies that can make day-to-day life more enjoyable. We need to have at least ten people enrolled to be able to offer this class, so contact us today if you would like to join.

PLEASE REGISTER FOR THIS CLASS by contacting the activities office at 216-529-5005, or via email at barry.wemyss@lakewoodoh.net

Coming in February we will begin a Cove Community Center Composting Program



We will be working on educating our community members utilizing services from Rust Belt Riders. We look forward to this exciting program that is made possible through the Healthy Lakewood Foundation!

If you have any questions, please feel free to reach out to Laura Jaissle, Assistant Director of Human Services @ 216-529-6687 or laura.jaissle@lakewoodoh.net

Let's Take a Trip.....



Lunch Bunch Goes to Golden Corral

Tuesday, February 7th Leaving @ 11:00 A.M.

There's nothing like getting together with a bunch of good friends and enjoying plenty of good food. No one goes hungry at Golden Corral. Help yourself to a wide variety of entrees and side dishes. Don't forget the desserts. This trip will fill quickly so sign up at Cove early in the month.

The fee for this trip is \$3.00 for transportation. Bring funds for the cost of your meal.

Shopping trip to Great Northern Mall

Wednesday, February 8th, leaving at 10:00 PM.

Enjoy a relaxing day at the mall now that the holiday rush has passed. Make all your purchases and enjoy a nice lunch with friends in the food court.

The fee for this trip is \$3.00 for transportation. Bring funds for food and shopping.



Trinity Concert Series Trip

Wednesday, February 15th Leaving @ 11:15 A.M.

We here in the Cleveland area enjoy a wealth of cultural opportunities. We will be returning to the majestic Trinity Cathedral for another in the Trinity Concert series where we will enjoy a performance of the Cleveland Institute of Music Guitar Studio. These musicians will bring the joys of classical guitar to our ears.

A reminder: Food and beverages are not permitted inside Trinity Cathedral

Performances are free although a love offering will be gratefully accepted.

Cost for transportation to Trinity is \$3.00.



James A. Garfield Historical Site Trip

Friday, February 17th Leaving @ 11:45 A.M.

We will visit the family home of the 20th President of the United States. James A. Garfield was a Civil War hero, a past president of Hiram College, Congressman from Ohio and the President of the United States until his assassination in 1881. We will tour his large home which he purchased to accommodate his growing family. The Garfield home is also the site of the James A. Garfield Presidential Library, the very first Presidential Library, established by his wife Lucretia after his death.

Admission is FREE for the Museum, transportation will be \$3.00.



Dessert Anyone? We're going to Joe's Deli

Tuesday, February 21st Leaving @ 12:30 P.M.

If you have a sweet tooth, we have just the trip for you. Joe's Deli in Rocky River is well known for their amazing assortment of cakes, pies and other sweet treats. Enjoy a delicious lunch at Cove Community Center and then reward yourself with a dessert you won't soon forget.

The fee for this trip is \$3.00 and bring your dessert money!

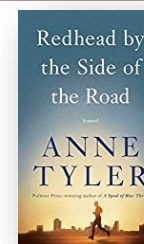
Trips continued next page

Do you need help with your smart phone? Tablet? Computer?

Then you need to schedule some time with Palmer our TECH guru!

This month he will be here Friday, February 3rd and the 17th.

Reserve your spot to meet with him today by contacting Stacy @216-521-1515 #1



Book Discussion Club Presents..

"Redhead by the Side of the Road"

By Anne Tyler

**Monday, February 27th
@ 1:00 P.M.**

An intimate look into the heart and mind of a man who finds those around him just out of reach and a funny, joyful, deeply compassionate story about seeing the world through new eyes. Redhead by the Side of the Road is a triumph, filled with Anne Tyler's signature wit and gimlet-eyed observation.

**For more details contact Carrol Hahn @
(216) 521-1090.**

Play Reading Group presents...

"You Can't Take It With You"

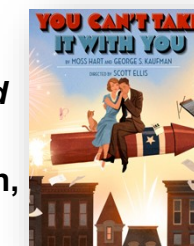
**Three Thursdays, February 9th, 16th and
23rd. Beginning at 10:15 AM.**

**We are looking for play readers for a fun,
classic play!**

"You Can't Take It With You" is a comedy farce, dealing with a family for whom money and material possessions take a back seat to living life to the fullest.

**Call Barry in the activities office today to get a part @
216-529-5005.**

Or, if you would rather just observe we are always in need of audience members too!



A La Carte Cooking Demonstrations

Tuesday, February 7th, beginning at 2:00 PM.

Join us for one of our newest local sensations. The Lakewood Community Services Center and the Department of Human Services have combined forces to invite a series of local chefs for cooking demonstrations. These fascinating and accessible demonstrations allow you the opportunity to learn how to prepare a dish straight from their kitchens. Get to know the chefs and learn their insights into the cooking process. At the end, sample the final creation.

Our February guest chef will be....

Rachelle Murphy from *Rood*

Art Classes with Sara

Fridays, Feb. 3rd and 17th

@ 9:30—11:30 A.M

This is your chance to release your inner artistic genius. Learn some unique artistic techniques to accomplish the visuals that you desire. Here are the projects coming up starting this month and continuing into March.



Texture Painting

(Color of Tree may vary)

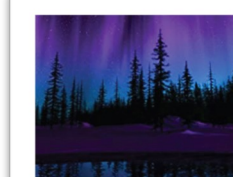


Paint your Pet

(send pictures of pet to
artistsuncorkd@gmail.com
so the pet can be drawn out
beforehand)



**Alcohol Ink
Abstract**



**Northern Lights
Acrylic**

**Cost of these classes is \$20.00 per class.
Or if registering for more than one at a time
\$15/ea.**

Supplies will be provided.

**REGISTRATION FOR THIS CLASS IS A MUST
AND WILL BE INCLUDED ON THE MONTHLY
REGISTRATION FORM.**

Trips this month....Continued

Join us as we visit the Rockefeller Park Greenhouse and stop for lunch at Li Wah

Wednesday, February 22nd Leaving @ 11:00 A.M.



The Rockefeller Park Greenhouse is truly one of the Cleveland area’s hidden gems. Owned and operated by the City of Cleveland, the greenhouse is an oasis of green living things in the middle of a cold winter’s day. Following our visit to the greenhouse we will stop for lunch at Li Wah Restaurant. Located in the heart of Cleveland’s Asia-town, this authentic Chinese restaurant is known for their dim sum (an assortment of Chinese appetizers).

Admission is free for the Greenhouse. Cost for transportation is \$3.00. Bring funds for lunch.

Trip to the Cleveland Orchestra

Friday, February 24th Leaving @ 9:15 A.M.

We will be returning to Severance Hall for another performance of the world-renowned Cleveland orchestra. We will be listening to Mozart’s Divertimento no. 2 in D major, and “Ein Heldenleben”, a tone poem by Richard Strauss. The morning will begin with a pre-concert talk led by one of the orchestra educators, followed by the concert beginning at 11:00 AM. The Lakewood Division of Aging will provide the transportation to this world-class event. Please follow up directly with the Cleveland Orchestra by calling the ticket office at 216-231-1111, or via email at

www.clevelandorchestra.com .

Cost for transportation is \$3.00. Purchase tickets directly with the Cleveland Orchestra for the performance.



HOW DO I SIGN UP FOR TRIPS?

You can register for trips by filling out an event registration form which can be found in the information rack near the front desk. Event forms will be placed in the information rack close to the time that registration opens for the month. Once your form is completed and you have the funds (funds must be in the form of cash or check, unfortunately **we are not able to accept credit cards**)

you may then hand it into Barry Wemyss in the activities office **Mondays, Wednesdays and**

Thursdays between the hours of 12:00 and 1:30 P.M.

On the first day of registration the forms will be numbered and called in order.

Registration for this month starts Wednesday, Feb. 1st @ 12:00 PM.

Contact Barry @ 216-529-5005 in the activities office if you need more details!

Grocery Shopping with Lakewood Division of Aging

By popular request we have added Marc’s and Aldi’s to our shopping trips offered on Thursday mornings (10 am) and afternoons (1 pm). Shoppers will be required to pre reserve their spot one week in advance and are limited to twice a month. Shoppers are limited to four bags per trip.

Cost of the trip is \$3.00. Call 216-521-1288 to reserve your spot today!



February 2023 WRAAA Menu

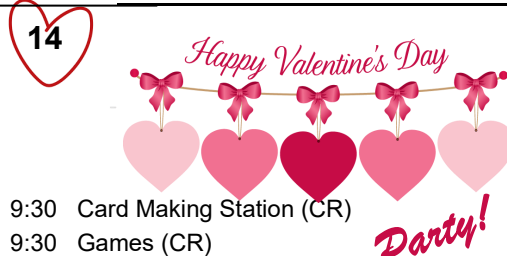

Monday	Tuesday	Wednesday	Thursday	Friday
6 Choice of : 1 ½ Milk or Buttermilk *=Take Temperature of Milk and all food proceeded by an asterisk.	7 *Chicken Cordon Bleu 6 oz. *Mashed Potatoes ½ c *Buttered Beets ½ c W.G. Dinner Roll 2 oz. Apple Juice 4 oz	1 *Beef Sloppy Joe 4 oz *Green Peas ½ c *Cauliflower ½ c Whole Grain Bun Sliced Peaches ½ c T	2 *Lemon Gravy Chicken Breast 3 oz. *Butternut Squash ½ c *Green Beans ½ c 2 Whole Grain Wheat Banana RB	3 *BBQ Rib Patty 3 oz. *Sweet Potatoes ½ c *Brussels Sprouts ½ c Whole Grain Bun Applesauce ½ c TR
13 *Tomato Basil Chicken 3 oz w / Sauce 2 oz W.G. Pasta ½ c. *Spinach ½ c Lemon Jc. 1 PC *Capri Blend ½ c Whole Grain Wheat Sliced Pears ½ c ALT = CS TR	14 *Stuffed Cabbage 6 oz. w/Sauce 2 oz. *Mashed Potatoes ½ c *Corn w/ Red Peppers ½ c 2 Whole Grain Wheat Sliced Peaches ½ c TR	8 *Swedish Meatballs 3-1 oz w/Gravy 2 oz. /*Noodles ½ c *Peas ½ c *Cauliflower ½ c Whole Grain White Sliced Apricots ½ c ALT = CBG TR	9 *Baked Fish 4 oz. Tartar Sauce 1 PC *Macaroni and Cheese ½ c *Carrots ½ c *Lima Beans ½ c Whole Grain Wheat Orange RB	10 *Hamburger 3 oz. Ketchup 2 PC *Seasoned Potato Wedges ½ c *Baked Beans ½ c Whole Grain Bun 2 oz. Sliced Pears ½ c ALT = CBG T
20 PRESIDENT'S DAY Site Closed	21 *Salisbury Steak 3 oz. *Mushroom Gravy 2 oz. *Mashed Potatoes ½ c *Spinach ½ c w Lemon PC 2 Whole Grain White Sliced Apricots ½ c ALT = CS TR	22 *Breaded Fish 3 oz. Tartar Sauce 1 PC *Seasoned Potato Wedges ½ c Cole Slaw ½ c W.G. Hamburger Bun Scolloped Apples ½ c ALT = CBG RB	16 *Roasted Turkey Breast 3 oz. *Gravy 2 oz. *W.G. Stuffing ½ c *Mixed Vegetables ½ c 2 Whole Grain Wheat Orange Cranberry Juice ½ c T	17 *Stuffed Peppers 6 oz. w/Sauce 2 oz. *Mashed Potatoes ½ c *Broccoli ½ c 2 Whole Grain Wheat Fresh Grapes 1 c ALT = CBG TR
27 *Meatballs 3-1 oz. *Spaghetti 1/2 c w/ Sauce *Antigua Blend ½ c *Carrots ½ c Whole Grain Wheat Tropical Fruit ½ c ALT = CS TR	28 *Breaded Chicken Patty 3 oz. Mayo 1 PC *Corn ½ c *Roasted Potatoes ½ c Whole Grain bun, 2 oz Sliced Pears ½ c ALT = CBG RB	23 *Grilled Chicken strips 3 oz With Alfredo sc 2 oz *W.G. Pasta ½ c, *Broccoli ½ c Whole Grain Dinner Roll 1 oz Fresh Orange Apple Juice ½ c ALT = CBG T	24 *Breaded Fish 4 oz Tartar Sauce 1 PC *Brown Rice ½ c *Cauliflower ½ c *Kyoto Blend ½ c Whole Grain White Fresh Grapes 1 c ALT = CBG RB	Menu Approved by: Ann Stalder, MS, RDW, LD

Western Reserve Area Agency on Aging - 2023
Note: Box Lunch Default Menu choice is shown in the right hand corner of each day.
“T” = Tuna, “TR” = Turkey, “RB” = Roast Beef
ALT CS = Chicken Salad with Croissant, ALT CBG Spring Lettuce Salad w/ Chicken Breast



FEBRUARY 2023



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
PLEASE NOTE WHERE AN ACTIVITY IS TAKING PLACE				1		2		3	
A1 = Activity Room 1 (lower level—LL) A2 = Activity Room 2 (lower level –LL) CR = Community Room (large room, main level) CR2 = Conference Room 2nd Floor (level 2A) MP = Multi Purpose Room (1st room on right, main level) *ANY ITEM WITH AN ASTERISK NEEDS A REGISTRATION or SIGN UP* ANY ITEM IN COLOR OR BOLD HAS MORE INFORMATION IN THE NEWSLETTER				9:30 - 10:30 Blood Pressure Clinic (CR) - O'Neill 9:30 Board Games (CR) 9:30 Crochet w/ Ginger (CR) 10:00 LCR (CR) 10:30 Adaptive Yoga (A1) 10:30 Wii Bowling (A1) 12:30 Mandalas (CR) 1:00 Mah Jong (CR) (REGISTRATION for Trips begin @ noon today)		9:30 Rummikub (CR) 9:30 Walking Group 10:00 Grocery Shopping @ Marc's* 10:00 Spelling Bee (CR) 10:30 Radio Shows of Yesteryear (MP) 12:30 Tai Chi (A1) 1:00 Grocery Shopping @ Marc's* 1:00 Movie—Groundhog Day		9:00—11:00 Tech Support w / Palmer (MP) * 9:30—11:30 Art w/Sara* (A2) 9:30 Qwirkle 10:00 Hangman (CR) 10:30 Card Games (CR) 12:30 Scrabble (A2)	
6		7		8		9		10	
9:30 Activities Committee (CR) 10:00 Board Games (CR) 10:30 Rummikub (CR) 12:30 Adaptive Jazzercise (A1) 12:30 Karaoke (CR) 1:00 Sticker Art (CR)		9:30 Spelling Bee (CR) 9:30 Jewelry Making w/ Maryanne— African Beads (A1) 10:00 Science w/Dan (CR2) 10:30 Card Games (CR) 11:00 Lunch Bunch to Golden Corral* 12:30 Silver Strength* (A1) 2:00 A La Cart Cooking Demo (CR)		9:00 - 10:30 Blood Pressure Clinic (CR) - St. John 9:30 Tabletop Bowling (CR) 10:00 Cornhole (CR) 10:00 Great Northern Mall Shopping Trip* 10:30 Adaptive Yoga (A1) 10:30 Trivia (CR) 12:30 Travelogue—Spain (CR) 1:00 Mah Jong (CR)		9:30 Rummikub (CR) 9:30 Walking Group 10:00 Improv (A1) 10:15 Play Reading (CR) 10:00 Grocery Shopping @ Giant Eagle * 10:30 Board Games (CR) 12:30 Tai Chi (A1) 1:00 Grocery Shopping @ Giant Eagle* 1:00 Movie (CR)		9:30 Craft w/Maryanne—Valentine Beads (CR) 9:30 Hangman (CR) 10:30 LCR (CR) 11:00 Tabletop Bowling (CR) 12:30 Euchre (CR)	
13		14		15		16		17	
9:30-11:30 Mike the Paramedic (CR) 9:30 Chronic Disease Self Management* (A2) 9:30 LCR (CR) 10:30 Spelling Bee (CR) 12:30 Adaptive Jazzercise (A1) 12:30 Valentines Baking (Kitchen) 9:30 Craft w / Maryanne—Chocolate Covered Strawberries (A2)		 9:30 Card Making Station (CR) 9:30 Games (CR) 10:30 4 Seasons String Quartet (CR) 12:30 Movie (CR) 12:30 Silver Strength* (A1)		9:30 Tabletop Bowling (CR) 9:30 Crochet w/ Ginger (CR) 10:00 Qwirkle (CR) 10:30 Adaptive Yoga (A1) 11:15 Trinity Concert Series Trip* 12:30 BINGO (A1) 1:00 Mah Jong (CR)		9:30 Rummikub (CR) 9:30 Hangman (CR) 10:00 Card Games (CR) 10:00 Grocery Shopping @ Aldi's * 10:15 Play Reading (CR) 10:30 Group Word Search (CR) 12:30 Tai Chi (A1) 1:00 Grocery Shopping @ Aldi's* 1:00 Movie (CR)		9:00—11:00 Tech Support w / Palmer (MP) * 9:30 Cornhole (CR) 9:30 - 11:30 Art w/Sara* (A2) 9:30 Trivia (CR) 10:30 Board Games (CR) 11:45 Garfield Historical Site Trip * 12:30 Scrabble (CR)	
20		21		22		23		24	
Center is CLOSED in honor of Presidents Day NO WRAAA Congregate or Home Delivered Meals served		9:30 LCR (CR) 9:30 Craft w / Maryanne—Bejeweled Pens(A2) 10:00 Humanities (CR) 10:30 Board Games (CR) 12:30 Joe's Deli Dessert Trip* 12:30 Silver Strength* (A1) 1:00 Travelogue—Spain (CR)		9—11:00 Attorney Margaret Karl (MP) 9:30 Crochet w/ Ginger (CR) 9:30 Sticker Art (CR) 10:00 Group Crossword (CR) 10:30 Adaptive Yoga (A1) 10:30 Cornhole (CR) 11:00 Rockefeller Park Greenhouse Trip* 1:00 Mah Jong (CR)		9:30 Rummikub (CR) 9:30 Walking Group 10:00 Improv (A1) 10:00 Grocery Shopping @ Giant Eagle* 10:15 Play Reading (CR) 10:30 Wii Bowling (A1) 12:30 Tai Chi (A1) 1:00 Grocery Shopping @ Giant Eagle* 1:00 Movie (CR)		9:15 Cleveland Orchestra Trip* 9:30 Card Games (CR) 10:00 Karaoke (CR) 10:30 Tabletop Bowling (CR) 12:30 Euchre (CR) 12:30 Board Games (CR)	
27		28		<div><p>Any item on the calendar that has an asterisk (*) needs a registration or sign up before attending!</p><p>Please take note if the item you would like to attend needs a sign up or registration and with whom. Many items are on our new registration form but not all! Registration forms can be obtained on the information rack near the front desk or in our activities office. If you are filling out a form and have it completed along with the funds (must be cash or Check, no credit cards accepted) you can then hand it into Barry Wemyss in the activities office on <u>Mondays, Wednesdays and Thursdays between 12:00 P.M. and 1:30 P.M.</u></p><p><u>SIGN UPS FOR THIS MONTH START WED., FEB. 1st @ 12:00.</u></p></div>					
9:30-11:30 Mike the Paramedic (CR) 9:30 Chronic Disease Self Management* (A2) 10:00 Qwirkle (CR) 10:30 Word Search (CR) 12:30 Adaptive Jazzercise (A1) 12:30 Cornhole (CR) 1:00 Book Discussion Group w/Carrol (CR2)		9:30 Board Games (CR) 10:00 Group Crossword (CR) 10:30 Rummikub (CR) 12:30 Senior Chefs—Gazpacho (kitchen) 12:30 Silver Strength* (A1) 1:00 Mandalas (CR)							